



**MAYNARD COUNCIL ON AGING & SENIOR CENTER**  
50 BROWN ST., MAYNARD, MA 01754 • 978-897-1009

**MARCH 2019**



**Students of Sandy Wilensky's COA Watercolor Class**

## The View from Here

During the month of March the many talents of the Council on Aging's Watercolor Class will be on display in the Roosevelt Room at the Maynard Library. Since May 2015, Sandy Wilensky has taught us all, whether those with a paint brush or those of us listening in, about the joy which comes from celebrating the world around us. Whether it's milk pods, birch trees, farm animals, interpretations of Matisse and Van Gogh or doors of Maynard homes, Sandy has given each of us an opportunity to define our world in our own images. An exceptional artist in her own right, Sandy's background as a teacher lends to instruction rich with technique, creativity, and most importantly, encouragement to find and celebrate the unique artist within each of us. Please plan to stop by! The opening reception is Thursday, March 7 from 6:00 to 8:00 p.m.

I was honored to be able to attend the Middlesex Savings Bank Community Gift Award Presentation with Linda Cetrone. In addition to expressing gratitude to Middlesex Savings Bank for their support for the seniors of Maynard, I'd like to thank Linda Cetrone who was ready to launch the Friends before it was even formed. Often she'd be standing in my door in a post-Zumba glow asking "what's going on with the Friends?" - little did she know I had "volunteered" her to become the Friends' first treasurer. Linda, thank you for your support and commitment to the Council on Aging, the Friends of Maynard Seniors and the Maynard community.



**Mike McAuliffe, Middlesex Savings Bank President, Chairman & CEO, Linda Cetrone, Treasurer of Friends of Maynard Seniors and Amy Loveless, Director of the Council on Aging.**

We hope you enjoy the enrichment programs about the immigrant experience we have planned in March to enhance and coordinate with the Maynard Public Library's 8th Annual Book Festival events.

~ **Amy Loveless**

Director, Maynard Council on Aging & Senior Center

## Connections & Collaborations

I believe one of my main roles as Town Administrator is serve as a "connector". I work to connect people, resources and plans to help realize the vision of the community in Maynard. The hope is that those connections lead to successful collaborations to accomplish both short- and long-term goals. I am very proud of the recent collaboration between my office, Town Hall, the various town officials and appointed groups, and the community at large. We see the fruits of that collaboration during seasonal events like parades and festivals, but we may not notice the regular work of collaboration happening everyday too.

We recently hosted the annual Joint Budget Hearing in the Roosevelt room of the Maynard Public Library, and I was thrilled to see so many attendees representing the many stakeholders of the town's budget. Not only were there the requisite town officials, but also members of the public that were able to receive the presentations and be more informed taxpayers who will ultimately weigh in on how their money is appropriated at Town Meeting in May (be sure to check out my presentation on the town's website when you get a chance). The Joint Budget Hearing is one representation of the collaboration amongst town staff and the public we serve that I believe will yield a unified approach to the future of Maynard. My staff listen to the public through many other venues as well, such as regular committee and board meetings, the Master Plan development, the Open Space and Recreation Plan development, and general accessibility through our presence at Town Hall and around town.

There is always so much going on and so much to look forward to in Maynard, and my staff and I are with you and collaborating with the community every step of the way.

Sincerely,

**Greg Johnson**

Town Administrator | [gjohnson@townofmaynard.net](mailto:gjohnson@townofmaynard.net)  
978-897-1375

## Snow Days

The Maynard Council on Aging's programs will be cancelled when the Maynard Public Schools have a cancellation. See page 9 for COA policy when the Maynard Public Schools have a delay. The COA offices will be open but please do not come to the COA without calling first due to weather and safe access issues (Please see page 10). Please call the COA for updates – you may not always receive a robo call but the office voicemail will have current information. WBZ (Channel 4) will have info regarding cancellations & delays.

## Council On Aging Board Meetings

The Council on Aging Board meetings are held the 3rd Tuesday of the month at 9:30 a.m. (March 19) at the Maynard Council on Aging & Senior Center. This meeting is an open meeting – come one and come all! It's a great opportunity to hear what's currently happening at the Senior Center and what's on the horizon.



# Highlights of Upcoming Events

## March & April Luncheons

will be held at the Maynard Lodge of Elks, 34 Powdermill Road, Maynard

### March Luncheon

**Thursday, March 7 • Noon**

Shepherd's Pie, Salad, Rolls and Dessert

**\$8.00 Pay at the door**

**Entertainment by Roger Tincknell**

**"From Ireland To America"**

### April Luncheon

**Thursday, April 18 • Noon**

Stuffed Shells, Meatballs & Sausages

Salad & Garlic Bread, Dessert

**\$8.00 Pay at the door**

**Deadline to sign up is April 11th by noon**

**Please remember to sign up for the luncheon by the date listed above ~ we need to give Flo a count.  
If you need to cancel please do so by the dates listed above.**

## Lunch and Listen

**Live Piano Performance by Jack Radcliffe**

**Tuesday, March 12 • Noon - 2 p.m.**

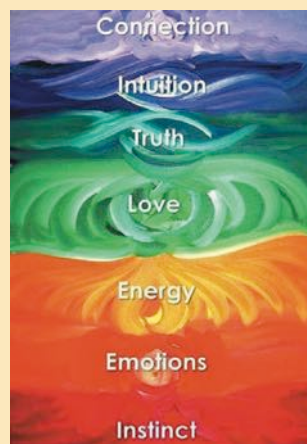
Come for a hot lunch, with live music provided by Jack Radcliffe, a master of traditional country blues, ragtime, and stride piano, on Tuesday, March 12 at St. John Lutheran Church in Sudbury. The menu will feature a traditional Irish dinner: corned beef, cabbage, boiled potatoes, pearl onions, and turnip.

While St. John is now located in Sudbury, the congregation was first gathered in Maynard in 1894, and the church is deeply connected to the town of Maynard. A suggested donation of \$8 is asked. To sign up, call the church office at 978-443-8350 before Friday, March 8th. St. John is located at 16 Great Road in Sudbury.

## Balancing The Chakra's with Movement and Essential Oils

**Thursday, March 14th • 12:00-1:00 p.m.**

This workshop will begin with a brief explanation of both the Chakra system and essential oils. The Chakra system is a profound map in your body based on the seven major energy centers that run from the base of the spine to the crown of the head. Each Chakra is a swirling energy force and by aligning and activating key areas in your chakras, you can give your body, mind and spirit a revitalizing overhaul.



We will use movement and essential oils to activate and align each Chakra. Essential oils, which are derived from plants, will help uplift our minds and spirits. At the end of the workshop you will be able to bring home an essential oil spritzer of your choice.

## Tower Hill and Yoga Trip

**Thursday, March 21st**

This special trip brings us to Tower Hill Botanic Garden for a Chair Yoga class with Rebecca Reber, followed by a self-tour of the Botanic Garden. Visit the Garden Shop or have a bite at the Farmer and the Fork before heading home. Trip Cost: \$10.00 includes yoga class, admission to Tower Hill, and transportation. Limit: 12. Sign-ups are required by March 14th. Departure and return times to be determined.

## Diabetes Self-Management Program Info Session

**Tuesday, March 19 • 1 p.m.**

Please sign up  
(see page 14 for more details)



# OF NO FIXED ADDRESS

DRAWINGS BY

SIDDHARTH CHOUDHARY

Mumbai

Paris

Hong Kong

Boston



February 27- April 5, 2019

ArtSpace Gallery, 63 Summer St, Maynard, MA



## "Of No Fixed Address"

A solo exhibition featuring the digital canvas of Siddharth Choudhary

February 27th through April 5th

"Mini" ArtSpace Artists' Open Studios:  
Saturday, March 9th from 4 – 6 p.m.

Opening Reception:  
Saturday, March 9th from 5 – 7 p.m.

"Of No Fixed Address" is a collection of tales from the artists' many travel, which combines vernacular expression with humor, conversations, anecdotes, mythology, phantasm and memories of his travels to explore relationships between people and places that transcend geographical, cultural, social and ethnic boundaries.

**Gallery hours are Wed - Sat , 11 a.m. to 3 p.m.**

The ArtSpace Gallery is located at 63 Summer Street in Maynard and is free to the public and is wheelchair accessible. For more information, please call (978) 897-9828 or go to [www.artspacemaynard.com](http://www.artspacemaynard.com) and like us on Facebook.

**Come join the art scene in Maynard!**



## 6 Bridges Gallery

FINE ART AND CRAFT

Gifts • Jewelry • Fiber • Cards • Photography  
Ceramics • And More

### EXHIBITS



## Alaska in Two Weeks

photos by Ernest Stonebraker

February 26 - April 6

**Reception:** March 23, 7:00–9:00 pm

77 Main Street, Maynard  
[6BridgesGallery.com](http://6BridgesGallery.com) • 978.897.3825

**Please Join  
Middlesex District Attorney  
Marian Ryan**

## **Winter Scam Awareness Forum**

**Wednesday, March 27, 11:00 a.m.**

Scam-related topics include:

- Home Heating
- Snow Removal
- Roof Service
- Furnace Cleaning
- Chimney Sweeping
- Tree Service

To be held at the Council on Aging  
Light lunch to follow – please sign up!

## **Maynard Council on Aging Senior Watercolor Class Spring Exhibition**

**Opening Reception**

**Thursday, March 7 • 6:00 – 8:00 p.m.**

Maynard Public Library, Roosevelt Room

Seniors from the Council on Aging's Watercolor Class will discuss their works in the new exhibit at the Maynard Library. All are welcome.

Light refreshments will be served. The exhibit will be on display during the month of March. Please contact the COA if you need a ride.



## **In Conjunction With The Maynard Public Library's Eighth Annual Maynard Book Festival, The Maynard Council On Aging Is Offering Several Programs On The Immigrant Experience**

### **Under The Same Moon**

**Friday, March 15th • 11:00 a.m.**

Please note the earlier start time.

*UNDER THE SAME MOON (LA MISMA LUNA)* tells the parallel stories of nine-year-old Carlitos and his mother, Rosario. In the hopes of providing a better life for her son, Rosario works illegally in the U.S. while her mother cares for Carlitos back in Mexico. Unexpected circumstances drive both Rosario and Carlitos to embark on their own journeys in a desperate attempt to reunite. This moving tale of courage, determination and unquenchable hope is sure to be an inspirational crowd-pleaser. Most of this movie is in Spanish with English subtitles. Rated: PG13. Tacos will be served for lunch prior to the movie. Following the movie, Sally Thurston, from the Maynard Public Library, will lead a discussion about the film. Limit: 25. Sign-ups are required for this program.

### **GOAL! The Dream Begins**

**Friday, March 22nd • 11:30 a.m.**

Santiago's father, Hernan Munez, smuggled his penniless Mexican family over the US border to seek a better, albeit modest future in L.A. Eldest son Santiago dreams of more, like native Angelinos, than joining Hernan's gardening firm. Like millions of kids around the world, Santiago harbors the dream of being a professional footballer. However, living in the Barrios section of Los Angeles, he thinks it is only that—a dream. Until one day an extraordinary turn of events has him trying out for Premiership club Newcastle United. This uplifting movie is rated PG13. Chili and corn bread will be served for lunch. Following the movie, Sally Thurston, from the Maynard Public Library, will lead a discussion about the film. Limit: 25. Sign-ups are required for this program.





**Get on the Cloud with Google Drive!**  
**Tuesday, March 19th @ 7p.m.**  
**at The Maynard Library**

Learn how to create, store, and collaborate on documents, spreadsheets, presentations, and more on Google's free adaptation of Microsoft Office.

Note: Please have a Google account already set up before attending. If possible, you are encouraged to bring a laptop to follow along.

Please register at the Reference Desk or at [www.maynardpubliclibrary.org](http://www.maynardpubliclibrary.org)

**Maynard Library Presents....**  
**A St. Patrick's Sing-Along**  
**with World-Famous Musician, Bill Shontz**  
**Saturday, March 16th at 2:30 p.m.**



Don't miss Bill Shontz's show  
 His songs are really stylish  
 They're catchy, bouncy, fun  
 And best of all, they're Irish!

In the Maynard Library Roosevelt Room  
 A show for grown-ups young and old

To sign up, please call the library at  
 978-897-1010 ext. 103

**Sounds of Stow Presents All-Mozart Program**  
**Sunday, March 24th at 2:00 p.m.**

Sounds of Stow Chorus & Orchestra is celebrating its 40th Anniversary Season with an all-Mozart program on March 24 at 2pm at the Hale School in Stow, MA, under the baton of Barbara Jones, Artistic Director.

This concert will open with Mozart's Concerto for Flute & Harp in C, with longtime orchestra member Katherine Kleitz on the flute, joined by Charles Overton on the harp. The second half of the concert presents Mozart's famous Requiem, where we are bringing back alumni soloists Margot Law (soprano), Martha Remington (mezzo), Ray Bauwens (tenor), and introducing Jason Jordan (baritone). There will be a reception following the concert highlighting four decades of outstanding musical ventures.

For further information, visit [www.soundsofstow.org](http://www.soundsofstow.org), email [info@soundsofstow.org](mailto:info@soundsofstow.org), or call 978-707-9887. Tickets are available on the website, at the door, and through any chorus member. Sounds of Stow is supported in part by the Massachusetts Cultural Council as administered by the local cultural councils of Stow, Acton-Boxborough, Bolton, and Hudson.





# 8th Annual Maynard Book Festival

## March 15 - April 15 at The Maynard Public Library

A month-long series of thematically related events  
 Inspired by the book *One Goal: A Coach, a Team, and the Game That Brought a Divided Town Together* by Amy Bass

**Friday, March 15 & 22 • 11:30-2:00**

Friday Series - film screening, discussion and lunch  
 For seniors @ COA, please register at 978-897-1009

**Monday, March 18 • 12:00 noon**

Cookbook Club with *The Immigrant Cookbook: Recipes That Make America Great*

**Wednesday, March 27 • 6:30pm**

Documentary Screening, *The Land Between*

**Thursday, April 4 • 7:00 pm**

Concert with Goza Brazilian Quartet

**Saturday, April 6**

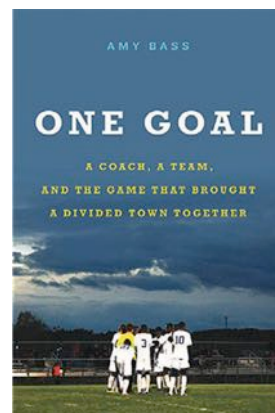
Events all day, including Amy Bass presentation

**Sunday, April 7 • 2:00 pm**

History Walk with Paul Boothroyd:  
 Maynard Immigrants • Rain Date: April 14

**Saturday, April 13 • 2 - 4pm**

Immigration Nation Art Exhibit  
 Reception with Nora Valdez

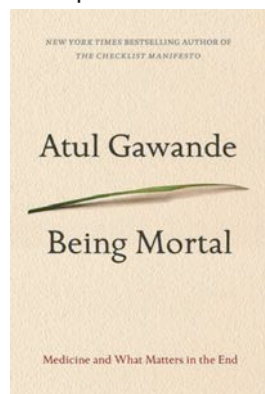


Find out more at [www.maynardpubliclibrary.org/mbf2019](http://www.maynardpubliclibrary.org/mbf2019)

## Being Mortal

**Tuesday, March 12 • 1:00 p.m.**

Kathy Benson, LICSW at Nashoba Nursing Service & Hospice, will lead a book discussion on *Being Mortal* by Dr. Atul Gawande. *Being Mortal* is a sensitive, intelligent and heartfelt examination of the processes of aging and dying. Drawing on his own medical experiences observing and helping terminally ill patients, Dr. Gawande offers a timely account of how modern Americans cope with decline and mortality. The author discusses the importance and value of physicians honoring their patients' wishes, regarding life choices. The program highlights portions of the Frontline program to introduce the book, so that the program is not dependent on attendees reading or completing the book for the program and discussion. Copies of *Being Mortal* are available at the front desk.

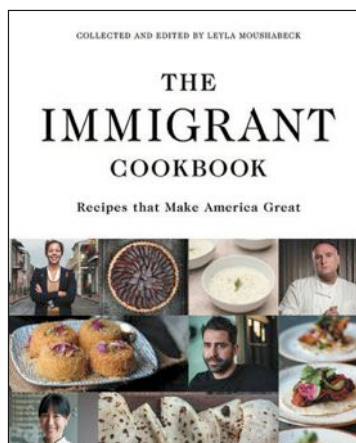


## Friends of the Maynard Library March Cookbook Club

**Monday, March 18 • Noon**

In March, we will celebrate cuisines from around the world and their impact on American cooking with *The Immigrant Cookbook - Recipes that Make America Great*.

Borrow the cookbook at the Circulation Desk, select a recipe and prepare it for the potluck lunch on the 18th.



Drinks and place settings provided.

Sponsored by the Friends of the Maynard Library as part of the 8th Annual Maynard Book Festival.

ALL EVENTS HELD AT MAYNARD PUBLIC LIBRARY

# Monthly Events

## THE COA CELEBRATES THE IRISH IN MARCH!

### Pizza and an Irish Movie

Pizza will be available to purchase for lunch. Popcorn, drinks, and dessert will be provided. Sign-ups are required.

**Wednesday, March 6th • 11:00 a.m.**  
**"Brooklyn"**

An Irish immigrant lands in 1950s Brooklyn, where she quickly falls into a romance with a local. When her past catches up with her, however, she must choose between two countries and the lives that exist within. Rated: PG13.

**Wednesday, March 13th • 11:00 a.m.**  
**"Waking Ned Devine"**

The lucky winner of the Irish National Lottery, Ned Devine, is so taken by his good fortune that he died from the shock of it! News of the win spread quickly in the scenic little Irish village of Tully More, and Ned's closest friends scheme to keep his death a secret as they try to claim the prize money. Rated: PG.

### Indian Hill Music

**Thursday, March 21st • 11:00 a.m.**

This program, *Improvisations on Jazz Standards*, features Mike Caudill on saxophone and Christian Tremblay on piano. Please call the COA to reserve a seat at our table for this wonderful performance. Complimentary coffee, tea and cookies will be served. The concert is free.



### Ireland's Wild Coast

**March 1st • 11:30 a.m.**

Ireland's Wild Coast is a journey along one of the most spectacular coastlines in the world, featuring the wildlife and wild places that make it so special. As never captured before, this series features Ireland's west coast and wildlife wonders from the Skellig Rocks; to breaching humpback whales; to golden eagles; to majestic salmon; to the clash of Ireland's last surviving red deer stags. This is a 2 hour program. Light lunch will be served. Limit: 25. Sign-ups are required by the Wednesday before each program.

### Ireland's Wild River

**March 8th • 11:00 a.m.**

Please note the earlier start time.

The Shannon is Ireland's greatest geographical landmark and the longest river. It is both a barrier and highway, a silver ribbon holding back the rugged landscapes of the west from the gentler plains to the east. On its journey south, the Shannon passes through a huge palette of rural landscapes; where on little-known backwaters, Ireland's wild animals and plants still thrive as almost nowhere else. Light lunch will be served. Limit: 25. Sign-ups are required by the Wednesday before each program.

### The Irish Tenors at Ellis Island

**Friday, March 29th • 11:30 a.m.**

Recorded in the magnificent, soaring Registration Hall on Ellis Island, this landmark performance by the Irish Tenors captures in music the emotionally-charged atmosphere of this hallowed ground of U.S. Immigration. From "Isle of Hope, Isle of Tears" - the heart rending story of 15 year old Annie Moore, the first immigrant to set foot on Ellis Island - to the resounding choruses of "God Bless America" and "A Nation Once Again", the concert is a historic treasure. Irish Tenors Anthony Kearns, Ronan Tynan and Finbar Wright deliver the performance of a lifetime. Light lunch will be served. Limit: 25. Sign-ups are required for this program.

### Bingo

**Wed., March 20th**  
**11:00 a.m.**

### Keep Well Clinic

**Wed., March 20th**  
**12:30 p.m.**



# CALENDAR

## **Z-GOLD TONING WITH RITA V. - MONDAYS - 9:00 a.m.**

Rita's classes contain exercise with balls, weights and bands, standing or sitting for total body conditioning. Increase strength, range of movement, flexibility, balance and coordination. Format for this class allows you to participate at your own pace & ability.

## **KNITTING & CROCHETING CLUB - MONDAYS - 9:30 a.m.**

Join us to learn, teach and hear a good "yarn!"

## **TAI CHI - MONDAYS - 12:30 p.m.**

## **DROP-IN CENTER - TUESDAYS - 9:00 a.m. - 11:00 a.m.**

## **STRETCH N' FLEX - TUESDAYS - 9:30 a.m.**

Increase both strength and flexibility while connecting breath to movement. Start on mats with gentle stretches, moving to your feet with warm up exercises and finishing on the mat using blocks and straps.

## **YOGA WITH TERRY - TUESDAYS - 11:30 a.m.**

Yoga provides an opportunity to decrease stress and can lessen chronic pain while improving your overall health and wellbeing with increased strength, flexibility, balance and body awareness.

## **ZUMBA GOLD - WEDNESDAYS - 9:00 a.m.**

Zumba makes exercise fun! Strengthen your heart, improve your balance, posture and range of motion while moving to the steps of the cha-cha, salsa and merengue.

## **CHAIR YOGA - WEDNESDAYS - 9:30 a.m.**

Stretch, twist and lengthen your bodies through a series of easy to follow repetitive movements. Most of the class occurs seated but there are some standing exercises using the chair as a prop and for our balance. The hour session ends in a relaxing Savasana.

## **YOGA WITH LISA - THURSDAYS - 9:30 a.m.**

This yoga class teaches yoga postures as a way to develop "mindfulness in motion". Learn how using your Breath brings calmness to your everyday life.

## **ART/WATERCOLOR PAINTING - FRIDAYS - 8:30 a.m. - 10:30 a.m.**

## **ZUMBA GOLD - FRIDAYS - 9:00 a.m.**

## **KINGS IN THE CORNER SOCIAL CLUB - FRIDAYS - 9:00 a.m.**

**COA  
BOARD  
MEETING  
MAR 19**

## **Maynard Council on Aging – 2 Hour Delays**

When the Maynard Public Schools have a delay these classes/activities will be automatically cancelled:

**Monday: Zumba Toning, Brains & Balance or Ageless Grace**

**Tuesday: Drop-In and Stretch & Flex**

**Wednesday: Zumba and Chair Yoga**

**Thursday: Yoga**

**Friday: Watercolor Class, Zumba and Kings in the Corner**

**Please call before coming in for classes starting after 10:00.**



# Maynard Council on Aging Trips

## COA OUTINGS

### SCHEDULED SHOPPING TRIPS

**Mon - Thur**

**Stop & Shop in Acton**  
**Friday: Shaw's in Stow**

One hour is allowed for shopping. Shoppers should call at least 2 days in advance to schedule their shopping times.

### MARCH 12 MARKET BASKET

Market Basket. Pick-ups start at 9:00 a.m. Van cost \$3.00.

### MARCH 26 WALMART

Walmart. Pick-ups start at 9:00 a.m. Van cost \$3.00.

**Contact  
CrossTown  
Connect  
to make a  
reservation for:**

- Medical Appointments
- Grocery shopping at Shaw's and Stop n Shop
- And other types of shopping such as CVS, Kmart, Trader Joe's, etc.

### Snow Day Van Service

The Council on Aging van does not provide service when the Maynard Public Schools have a cancellation. If the schools have a delay, or winter weather is expected, riders will receive a call the day/night before with an update about the next day.

## Council On Aging Van

**To schedule the van call CrossTown Connect: (978) 844-6809**

The Council on Aging van runs from 7:00 a.m. to 3:00 p.m. and provides low cost transportation to local hospitals, doctors, dentists, health care providers, pharmacies, as well as banks, the post office and to the Senior Center on 50 Brown Street in Maynard.

Arrangements must be made one day in advance before 1:30 p.m. (it is best to call several days in advance). A donation of \$1 is requested each time you get on the van. Transportation to the COA is free! Anyone with weekly appointments (same time, same day) must arrange for a standing pickup. If you decide not to go you **MUST** notify the dispatch office.

Residents of Maynard, 60 years of age or older and handicapped persons of any age, may use the van. If the rider is handicapped in any way, please mention this when scheduling the pickup so any accommodations may be made in advance. Pickups may begin 15 minutes before the scheduled time to accommodate more than one passenger. The van will wait no longer than 5 minutes for a passenger to emerge at which time the driver will call the office to report the "no show" and leave for the next pickup. On very busy days the van can get behind schedule.

## Inclement Weather & Safety Concerns at the Maynard COA during Winter Months

With winter officially here there are some safety cautions to be aware of when attending classes and activities at the Council on Aging. Remember that when the Maynard schools close the COA is always closed and if there is a delay in the schools' opening the COA will always have a delay in opening. With any snowy and icy conditions the parking lot may not be plowed before the COA's scheduled time to open. (the COA's hours are 9:00 a.m. – 3:00 p.m.)

In addition to the parking lot sloping upward, the walkway to the COA has a steep incline before you get to the main stairs. We do have a railing on the right side of the walkway but with any inclement conditions (even when treated) the walkway may be of risk. As well the steps in the front of the building can be slippery (even when treated) – please use the railings on either side of the steps. At the front entrance melting and dripping water off the roof can be of concern as it can form a puddle which will freeze in certain conditions. Every attempt is made to treat slippery and icy areas but things will refreeze quickly in certain conditions. Orange cones will be put out when it isn't safe in certain areas including the walkway facing the golf course. The steps and walkway on the back side of the building facing the upper parking lot should never be used to enter the COA.

It is a priority of the COA to keep anyone entering the building safe. In addition, even when the schools are open you may receive a "robo-call" from the COA advising you access to the building is not safe and classes and activities will be cancelled. Always call the COA if you are not certain the COA is accessible and open. We're not able to include you in a "robo-call" without your phone number in our My Senior Center program – please call the COA and sign up.

## Friends of Maynard Seniors

Surprise! The Friends of Maynard Seniors were both pleased and surprised by a generous donation from Middlesex Bank Charitable Foundation. Patty Chambers, a member of the Friends of Maynard Seniors and also the Nason Street branch manager of Middlesex Savings Bank, presented a check to our Board of Directors at our Meet and Greet event on January 25, 2019. We hosted our second Annual Meet and Greet on a balmy Friday evening in January. It was good to welcome old friends and meet several new members of the Friends of Maynard Seniors. In addition to the presentation by Middlesex Savings Bank, we enjoyed an evening of keyboard accompaniment by Jeff Loeb, some delicious light refreshments prepared by the Friends, and libations served by our favorite octogenarians – Carmine and Rosemary. Thank you all for coming and we'll see you again next January – new time but same place. Join us!

~ PEG BROWN, PRESIDENT



(from left to right) Linda Cetrone, Barbara Blankenship, Patty Chambers, Paula Copley, Helen Micciche, Mary Ann Bassett, Deb Roussell, Peg Brown, Diane Wasiuk, Loretta West, Joanie Bernhardt and Blaine DeFreitas

## You are invited to Kate Hogan's 9th Annual St. Patrick's Day Celebration

*A fundraiser for the Boys & Girls Club of Assabet Valley*

**Friday, March 8th • 5:30-7:30**

**Maynard Golf Course, 50 Brown Street**

with Tom O'Carroll, Irish Balladder



## Special Community Dinner!

**Monday, March 18**

Guest chef Phan Nguyen, owner of Gigi's Restaurant in Maynard, will bring his healthy Asian-style cooking to our Maynard meal.

Doors Open at 5:00 – Dinner at 6:00

**33 Main Street, Maynard**

All dinners are free and open to everyone.



### Community Dinners & Pantry

Join us for our Community Dinner at our 33 Main Street location in Maynard on Monday evenings, 5:00-7:00 PM. Doors open at 5:00, dinner served at 6:00. Our Concord Community Dinner is at First Parish Church, 20 Lexington Rd. in Concord on Thursday evenings, 4:45 - 6:30 PM. Doors open at 4:45, dinner served at 5:30. All are welcome!

Pantry: Tuesdays, 3:00 pm - 6:30 pm & Thursdays, 3:00 pm - 6:30 pm.

Pantry service is available for seniors only (55 years and older) on Tuesday afternoons (12:45 - 3:00 pm) by appointment.

Pantry shopping is available by appointment; please contact us ([info@opentable.org](mailto:info@opentable.org)) for more information or to schedule an appointment.



**Celebrating Valentine's Day at Open Table!**

## Maynard Food Pantry

Serving Maynard since 1992

The purpose of the Maynard Food Pantry is to provide food assistance to any individual or family in need. The Maynard Food Pantry serves residents of Maynard, Acton, Stow and Sudbury. Maynard Shoppers are welcome to shop two times/month and out-of-town residents are welcome to shop one time monthly.

**Hours of Operation:** The Maynard Food Pantry is open Mondays from 10:00 a.m. to Noon. On some holidays that fall on Mondays, we will be open the next day.

**Directions:** 82 Main Street, Maynard, MA 01754  
978-764-5279

Parking is on River Street (a one way street accessible from Main Street and across from Open Table). Look for the "Maynard Food Pantry Parking" sign.

**Snow:** If the Maynard schools are closed due to snow, the Maynard Food Pantry is also closed. All attempts will be made to open the next day.

## 30th Anniversary Chopped for Charity Fundraiser

Open Table is celebrating its 30th anniversary of service to the local community with an exciting fundraiser on March 29th. Enjoy food and beverages from some of the best local chefs and vendors while watching community teams compete for glory in a fast-paced cooking challenge using mystery ingredients, à la the Food Network's popular cooking show, Chopped! Help us honor Senator Jamie Eldridge and Representative Kate Hogan for their work on behalf of Open Table.

Join us on March 29th from 6-10 p.m. at The Thoreau Club, 275 Forest Ridge Road, Concord, MA. Tickets will be available on the Open Table website starting February 15th.

Want to participate as a cooking team or judge? Contact Open Table at [events@opentable.org](mailto:events@opentable.org) and we'll give you more information. We can't wait to see you there!

## Line Dancing Starts on April 2!

Come join us and see for yourself why so many already love this wonderful activity. With the fun it brings and its widespread cognitive, physical, and social benefits, your mind, body, and spirit will be so glad you did! As each dance uses foot patterns only, beginner dances can be learned within minutes. We'll groove to several dances each class and enjoy a large variety of uplifting music.

Give it a try and join this welcoming community of music and movement!

**Tuesdays • 9:30-10:30 a.m.**

## The Maynard COA & Senior Center presents Cape Cod Canal's 105th Anniversary Tour

**Wednesday, July 17, 2019**

On Wednesday, July 17, 2019, we will travel to beautiful Cape Cod and see the historic and scenic sights in Sandwich, the oldest town on the Cape. Then we visit the Sandwich Glass Museum, where we will view glass blowing artisans creating gorgeous pieces of art. The Grand Buffet Lunch at the famous Daniel Webster Inn follows. The special treat of the day is a narrated two hour cruise of the Cape Cod Canal, where we will learn about this important maritime resource, while delighting in the scenery and beautiful homes and resorts along the way.

Tour cost: \$90. per person. Payment must be made when you sign up to reserve your place. Preference will be given to Maynard seniors first.



## IT'S TIME TO RENEW YOUR ANNUAL DUES!

### FRIENDS OF MAYNARD SENIORS, Inc.\*

We promote fundraising events to support  
Maynard Senior Center programs and services.

*See us on Facebook!*



# \$15

**ANNUAL DUES:**

**\$15 INDIVIDUAL**

**\$30 COUPLES**

**\$50 SUPPORTER**

**\$75 BUSINESS or  
CORPORATE**

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Additional Donation \_\_\_\_\_

Payable to: **Friends of Maynard Seniors, Inc.,**

195 Main Street, Maynard MA 01754

*\* We are a 501(c)(3) charitable organization.*

# Live More Fully with Diabetes!



Let us help you take control of your health! This highly interactive 6-week class and mutual support builds confidence, enabling you to manage your own health!

You will learn to:

- Set and meet personal goals
- Identify and try simple techniques to improve quality of life
- Prevent low blood sugar and delay complications
- Handle stress, relax, and increase energy levels
- Manage diet, exercise, and lifestyle

## Program Details

**What:** Diabetes Self-Management Program

**When:** Tuesdays  
1:00 - 3:30 (6 sessions)  
April 2 - May 7, 2019

Info session:

March 19th - 1:00 to 3:30 pm

**Where:** Maynard Council on Aging  
50 Brown St. Maynard  
(Maynard Golf Course Building)

**Cost:** No Cost to Participants

**Contact:** Amy Loveless  
(978) 897-1009  
aloveless@townofmaynard.net

**Registration required. Call today to reserve your space!**

For more information on our Healthy Living Programs, contact us at 781-221-7095

A Healthy Living Program of:



Toll-Free (888) 222-6171  
[www.minutemansenior.org](http://www.minutemansenior.org)



Made possible with support from:

- Cummings Foundation
- Maynard Community Chest
- Maynard Council on Aging

Member of







## REP. KATE HOGAN'S SENIOR NEWS MARCH 2019

### Community Efforts Against Senior Hunger Bring All Of Us To The Table

As part of March for Meals, I will be lending a hand this month to the many organizations leading the way in the fight against senior hunger in Maynard. Nationwide, March for Meals is a campaign sponsored by Meals on Wheels USA that highlights the work of organizations meeting the nutrition needs of seniors. Here in Maynard, you can count on seeing your neighbors, town leaders, and government officials banding together to spark a conversation about senior hunger in our communities. I hope you will join us.

In my role as Chair of the Joint Committee on Public Health, I have seen first-hand the toll of senior hunger on our state. Whether you have experienced the lifeline of one of our local nutrition programs or are one of the many dedicated residents helping them

run, you likely already know that senior hunger is not a distant statistic but a reality touching our community. Too many of our neighbors – particularly those living below the poverty line – need help getting connected to nutritious food.

However, you likely also know that our greatest ally in turning that statistic around is each other. As a lawmaker and neighbor, I have seen that what makes Meals on Wheels such a powerful program – providing meals and a vital check in on our seniors – is their mission of what we can accomplish together. I have found that the most important solutions are forged through partnership. This March, and all year long, our efforts against senior hunger bring all of us to the table.

I wanted to share resources to help you get connected to a meal – or to an opportunity to change a life. Please do not hesitate to reach out to the Maynard Council on Aging at (978) 897-1009 or my office at (617) 722-2130 for assistance.

### Maynard Nutrition Programs

- **Meals on Wheels:** Providing a daily meal to housebound seniors, Minuteman Senior Services runs the Meals on Wheels program in Maynard. Please call them at (781) 272-7177 for more information.
- **Open Table:** Located on Main Street in downtown Maynard, Open Table serves up a weekly lunch for seniors on Tuesdays from 12:30 to 2 p.m. and a community dinner on Monday evenings from 5 to 7 p.m. All are welcome. They also offer pantry shopping hours for seniors by appointment. To learn more or get involved, visit their website at [www.opentable.org](http://www.opentable.org) or call them at (978) 369-2275.
- **Maynard Food Pantry:** Another critical source of food assistance for local residents is the Maynard Food Pantry. To learn more about their services and pantry hours, call (978) 764-5279.

### Hogan's Office Hours

Maynard Office Hours: Friday, March 15th from 10 to 11 a.m. at the Maynard Public Library, 77 Nason Street, Maynard

Hudson Office Hours: Thursday, April 18th from 6 to 7 p.m. at the Hudson Public Library, 3 Washington Street, Hudson

If you are unable to attend office hours and have an issue or concern, please call the State House at (617) 722-2130 to schedule an appointment. In addition to Rep. Hogan's office hours, her staff is available in the District Office at Maynard Town Hall, 195 Main Street, on Mondays from 10 a.m. to 3 p.m. (Closed Holiday Mondays)

### JOIN ME AT MY ANNUAL ST. PATRICK'S DAY CELEBRATION! • MARCH 8, 2019 • 5:30 PM TO 7:30 PM

I hope to see you at my 9th Annual St. Patrick's Day Celebration at the Maynard Golf Course in support of the work of the Boys & Girls Club of Assabet Valley. Erin Go Bragh!

**Proudly represents Bolton, Hudson, Maynard, and Stow**  
**State House,** Room 130, Boston, MA, 02133 / Phone 617-722-2130

**District Office:** Maynard Town Hall, 195 Main Street, Maynard, MA

**District Office Hours:** Mondays and Thursdays, 10AM-3PM

**By appointment:** Call 617-722-2130 or email [Kate.Hogan@mahouse.gov](mailto:Kate.Hogan@mahouse.gov)

*Kate Hogan*

# COMING SOON TO FINE ARTS THEATRE PLACE

COMING MARCH 8

## CAPTAIN MARVEL

*Starring Brie Larson & Gemma Chan*  
Carol Danvers becomes one of the universe's most powerful heroes when Earth is caught in the middle of a galactic war between two alien races.

COMING MARCH 12

## THE DOUBLE LIFE OF VERONIQUE

Two parallel stories about two identical women. They don't know each other, but their lives are nevertheless profoundly connected.

COMING MARCH 29

## DUMBO

*Starring Colin Farrell & Danny Devito*  
A young elephant, whose oversized ears enable him to fly, helps save a struggling circus, but when the circus plans a new venture, Dumbo and his friends discover dark secrets beneath its shiny veneer.

COMING APRIL 5

## PET CEMETARY

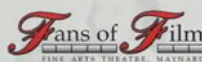
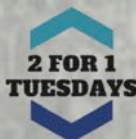
*Starring Jason Clarke & John Lithgow*  
Louis Creed, his wife Rachel and their two children Gage and Ellie move to a rural home where they are welcomed and enlightened about the eerie 'Pet Sematary' located nearby.

## HAVE YOU BEEN TO FINE ARTS THEATRE PLACE LATELY?

Visit us every Monday for Matinee Monday. Tickets for new releases are just \$5 all day long!\*



Or stop by on Tuesdays for our 2 for 1 promotion. Tickets are buy one, get one free!\*



And if classic, independent and art house films are your thing, Fans of Film present a new feature on the second Tuesday & Wednesday of the Month

Visit our website or email us at [info@fineartstheatreplace.com](mailto:info@fineartstheatreplace.com) for more information! And ask about our custom gift baskets and birthday party packages!

\*Some exclusions apply



19 Summer Street, Maynard, MA 01754 | [fineartstheatreplace.com](http://fineartstheatreplace.com) | 978-298-5626